

Simple
Foods
COOKING

Organic Sorghum Flour



INGREDIENTS:
Organic Whole Grain Sorghum
Packaged on equipment that also
produces nut products.

Nutrition Facts

Serving Size 1/4 cup (34g)
Servings Per Container Varied

Amount Per Serving	
Calories 120	Calories From Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories Per Gram			
	Fat 9	Carbohydrate 4	Protein 4



Package Weight:
12 oz. (340g)



ORGANIC TAPIOCA *Flour*

14.3 OUNCE

Tapioca Flour can be used in many different ways; for cooking, baking, and can be used to replace wheat and corn based products. Tapioca is extracted from the roots of a plant that is native to South America.

Ingredients:

Organic Tapioca



ORGANIC SORGHUM *Flour*

12 OUNCE

Sorghum Flour has an impressive amount of nutrients, with a good source of many vitamins, minerals, fiber, and protein which all contribute to better health.

Ingredients:

Organic Whole Grain Sorghum

